



**DEPARTMENT OF THE NAVY
EXPEDITIONARY COMBAT READINESS CENTER FORWARD CENTRAL
AL UDEID AIR BASE, QATAR
APO AE 09309-1244**

ECRCFWDCENTINST 6110.1
N00
10 Sep 16

ECRCFWDCENT INSTRUCTION 6110.1

From: Officer in Charge, Expeditionary Combat Readiness Center Forward Central

Subj: U.S. NAVY PHYSICAL FITNESS ASSESSMENT FOR PERSONNEL IN
THE EXPEDITIONARY COMBAT READINESS CENTER FORWARD CENTRAL
AREA OF RESPONSIBILITY

Ref: (a) OPNAVINST 6110.1J

1. Purpose. Physical readiness is part of the U.S. Navy's culture. All Sailors are expected to develop and execute a personal physical fitness, readiness, and well-being program. This program should include regular aerobic exercise, a healthy diet, and periodic health assessments.
2. Cancellation. ECRCFWDCENTINST 6110/N00 of 24 Nov 15
3. Background. Reference (a) is the Navy's Physical Readiness Program. The Navy has set specific requirements to establish and maintain a viable program. U.S. Navy personnel serving in Central Command theater of operations may be unable to comply with the standards required to conduct an authorized U.S. Navy physical readiness and remedial program. Representative examples of program requirements that are difficult to meet in a deployed environment include: lack of sufficient and qualified Navy-certified Command Fitness Leaders (CFLs) and American Red Cross Cardio-Pulmonary Resuscitation-certified personnel; lack of access to the Navy's Physical Readiness Information Management System (PRIMS) electronic data base, certified courses and calibrated equipment. Other mitigating factors that may preclude conducting a practical physical readiness program include: combat environment, harsh environmental conditions with extreme weather variables prevalent throughout the theater of operations, operating tempo, and assignment to isolated areas which preclude successful test and administration. Per reference (a), commanders have authority to suspend such testing.
4. PFA Guidance. The Individual Augmentee (IA) pre-deployment and pre-mobilization process screens for physical readiness acceptability and accounts for the duration of the assignment. Based on potential conditions cited above and in accordance with reference (a), The U.S. Navy Physical Readiness Test (PRT) and the Body Composition Assessment (BCA) will be conducted for IA's in the U.S. Central Command Area of Responsibility only when all requirements outlined in reference (a) can be met. Typically, this will only happen when IAs are assigned to Navy commands with an established physical readiness program.
5. IA Sailors are not gained into their in-theater command's PRIMS database. IA Sailors should confirm that CFLs from parent commands and units insert the "IA" designation code into PRIMS. Do not use the Deployment/Operational Assignment (DEP/OP) designation code. DEP/OP requires a BCA input in PRIMS as per reference (a).

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6. U.S. Navy personnel will not be required to participate in any other service branch's physical fitness testing program. However, Sailors are strongly encouraged to participate in group physical fitness activities to build morale and esprit de corps with the other service branches as time and operational requirements permit.

7. IA Sailors should be aware that this instruction only applies while they are under IA orders and when they return from deployment they are expected to meet Navy physical readiness standards as per reference (a). Returning IA Sailors are subject to the gaining command's policies with respect to any acclimatization periods and waivers.

8. Questions regarding this policy should be addressed to ECRC FWD CENT at Email ECRC_FWD_ADMIN@auab.afcent.af.mil or DSN: 318-455-5637.

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